

Recipe No. 28/2013

Simple Vegetable Soup with a Thai influence

This tasty and warming soup with a slight Thai influence is adapted from one of Patrick Holford's detoxing soup recipes. Watch this space for next week's recipe of wholesome oat knotted rolls.

Serves: 3 - 4

Preparation time: 5 minutes

Cooking time: 23 minutes

Ingredients

½ red onion, halved
 1 clove garlic
 15ml coconut oil or olive oil
 150g large carrot, peeled and cut into 2cm pieces
 250g sweet potato, cubed in 2cm cubes
 2cm piece of fresh ginger
 2ml turmeric
 10ml TM vegetable stock concentrate
 600g water
 ½ red pepper, cut into 2cm pieces
 75g coconut milk, plus extra to garnish

Method

- Place onion and garlic into TM bowl. Chop **3 sec/speed 5**. Scrape down sides of bowl.
- Add coconut or olive oil. Sauté **3 min/Varoma/reverse/speed 1**.
- Add carrot, sweet potato and ginger. Chop **5 sec/speed 7**. Scrape down sides of bowl.
- Add turmeric, stock and water. Cook **20 min/100°C/reverse/speed 1**.
- Add red pepper and coconut milk. Blend **1 min/speed 10**.
- Serve in soup bowls or mugs with a swirl of coconut milk.

Chef's tips

- If not using the soup as a detox programme, serve with crusty bread rolls. See next week's recipe for Wholesome Oat Knotted Rolls.



Approved Thermomix Distributor of 



Tel: 011 974 1171

www.sathermomix.com